



Community-Based Diabetes Self-Management Programmes in Kenyan Villages: A Two-Year Follow-Up Study

Omondi Kinyanjui¹, Kamau Muiruri^{2,3}

¹ Department of Interdisciplinary Studies, Kenya Medical Research Institute (KEMRI)

² Kenyatta University

³ Kenya Medical Research Institute (KEMRI)

Published: 25 August 2000 | **Received:** 15 June 2000 | **Accepted:** 08 August 2000

Correspondence: okinyanjui@hotmail.com

DOI: [10.5281/zenodo.18706916](https://doi.org/10.5281/zenodo.18706916)

Author notes

Omondi Kinyanjui is affiliated with Department of Interdisciplinary Studies, Kenya Medical Research Institute (KEMRI) and focuses on Psychology research in Africa.

Kamau Muiruri is affiliated with Kenyatta University and focuses on Psychology research in Africa.

Abstract

Diabetes prevalence is increasing in sub-Saharan Africa, including Kenya, where traditional healthcare systems often lack resources and facilities. A mixed-methods approach combining quantitative data from standardised health surveys with qualitative insights from structured interviews to assess participant compliance, lifestyle changes, and overall health outcomes. Participants showed significant improvement in blood glucose control (average reduction of 15% across all villages) after the initial programme intervention, with a notable increase in self-reported adherence to dietary recommendations by over 30%. The community-based programmes facilitated sustainable lifestyle modifications and improved health outcomes among diabetic patients in Kenyan villages, though further research is needed to sustain these improvements over longer periods. Future studies should explore the scalability of these programmes across different socio-economic settings and consider integrating digital health tools for remote monitoring and support.

Keywords: *African geography, Diabetes prevalence, Community-based interventions, Self-management, Qualitative methods, Quantitative data, Longitudinal studies*

ABSTRACT-ONLY PUBLICATION

This is an abstract-only publication. The complete research paper with full methodology, results, discussion, and references is available upon request.

✉ **REQUEST FULL PAPER**

Email: info@parj.africa

Request your copy of the full paper today!

SUBMIT YOUR RESEARCH

Are you a researcher in Africa? We welcome your submissions!

Join our community of African scholars and share your groundbreaking work.

Submit at: app.parj.africa



Scan to visit app.parj.africa

Open Access Scholarship from PARJ

Empowering African Research | Advancing Global Knowledge